



80a MBLE_x PREP



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5 minutes

Attendance, Breath of Arrival, and Reminders

55 minutes

MBLE_x Review

60 minutes total



80a MBLEx PREP

Class Reminders

Early Warning:

- 85a Orthopedic Massage: Outside Massages – Begin these now!

Quizzes:

- 84a Kinesiology Quiz (pec major and minor, coracobrachialis, biceps, SCM, scalenes, rotator cuff, flex. Dig. Super., ext. dig., flex. Pollicis longus, flex dig. profundis)
– 50 questions in 40 minutes

Spot Checks:

- 81b Orthopedic Massage: Sport Check – Rotator Cuff and Carpal Tunnel
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 80b Orthopedic Massage: Technique Review and Practice – Rotator Cuff and Carpal Tunnel
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel
- 81a MBLEx PREP
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel
- Packet J: 95-96
- 82a Orthopedic Massage: Introduction – Thoracic Outlet
- Packet J:102-106
- 82b Orthopedic Massage: Technique Demo and Practice – Thoracic Outlet



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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See Kahoot! 80a



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